

R U O K ?

Worried about someone?

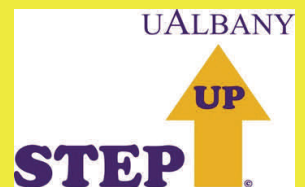
Not sure what to say or do about it?

Tuesday, April 29th, Alumni Quad Transfer Lounge @ 8 PM

TAKE A BREAK and join us for an interactive #mentalhealth workshop with Dr. Heidi Wright from the University Counseling Center



Learn about mental health warning signs, how to reach out to support a friend, & have a conversation that could change a life.



REFRESHMENTS and GIVEAWAYS